

Café on Main Buffet Menu

7/27-8/1

Soup of the Week

Roasted Garlic & Cauliflower Soup- Roasted cauliflower and garlic pureed in a creamy vegetable broth. \$2.75 (170 cal.)

Monday 7/27

Chicken Noodle Soup- Carrots, celery, onions, roasted chicken and egg noodles in chicken broth. \$2.75 (90 cal.)

Chicken Pot Pie-Chicken breast slowly cooked in a savory cream sauce then topped with a flaky pie crust and baked. \$8.00 (800 cal.)

Beef Chili- Beef, onions and peppers cooked in tomato and beef broth. \$8.00 (350 cal.)
w/ Corn muffin (380 cal.)

Fried Shrimp- Lightly battered. \$8.00 (420 cal.)

Pappardelle Caprese-  Cherry tomatoes, garlic, white wine, vegetable broth, butter and fresh mozzarella cheese, garnished with balsamic reduction and basil pesto. \$8.00 (525 cal.)

Roasted Zucchini (30 cal.)

Creamed Spinach (50 cal.)

Pasta Salad (250 cal.)

Corn Nuggets (235 cal.)

Tuesday 7/28

Minestrone-  Carrot, celery, onion, tomato, cabbage, fresh herbs, kidney beans, parmesan cheese and Ditalini pasta in tomato and vegetable broth. \$2.75 (70 cal.)

Roasted Turkey Breast-  \$8.00 (155 cal.)

Beef Brisket- Beef brisket, braised with tomato, onions, carrots, celery and herbs in a rich beef broth. \$8.00 (550 cal.)

Thai Chili Salmon-  Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. \$8.00 (350 cal.)

Stuffed Portabella -  Roasted portabella mushroom, stuffed with sautéed peppers, onions, squash, zucchini, fresh herbs, breadcrumbs, and mozzarella cheese. \$8.00 (230 cal.)

Green Bean Casserole (80 cal.)

Sauerkraut (30 cal.)

Apple Cornbread Stuffing (110 cal.)

Mashed Potatoes (140 cal.)

Wednesday 7/29

Turkey Barley Soup- Turkey, celery, carrots, onion, herbs in chicken broth with barley. \$2.75 (90 cal.)

BBQ Ribs-Oven roasted spareribs, glazed with BBQ sauce. \$8.00 (300 cal.)

Pit Beef Sandwich-Smoked pit beef on a brioche bun with red onion jam and horseradish sauce. \$8.00 (555 cal.)

Tuna Noodle Casserole- Tuna, mushroom, peas, cream, cheese, egg noodle, butter, breadcrumb. \$8.00 (470 cal.)

Vegetable Burger -  House made lentil, parmesan cheese, mushroom and kale burger, topped with lettuce, tomato and onion on a brioche bun. \$8.00 (490 cal.)

Asparagus (30 cal.)

Broccoli (40 cal.)

Roasted Potatoes (125 cal.)

Elbow Macaroni (170 cal.)

Thursday 7/30

Chilled Mango Peach Soup-  Chilled peach, mango, sour cream and yogurt puree. \$2.75 (120 cal.)

Country Fried Steak- Beef sirloin batter fried and smothered in country style white gravy. \$8.00 (520 cal.)

Honey Glazed Ham- Applewood smoked ham baked with a honey glaze. \$8.00 (240 cal.)

Flounder Florentine- Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. \$8.00 (250 cal.)

Stuffed Zucchini-  Baked stuffed zucchini with spinach and cheese. \$8.00 (390 cal.)

Steamed Vegetable Medley (35 cal.)

Steamed Green Beans (35 cal.)

Sautéed Cinnamon Apples (150 cal.)

Baked Potato (220 cal.)

Friday 7/31

Manhattan Clam Chowder- Chopped clams, carrots, celery, onions, tomatoes, potatoes, garlic and fresh herbs in a rich seafood broth. \$2.75 (80 cal.)

Baked Chicken-  Boneless breast of chicken baked. \$8.00 (210 cal.) w/ poultry gravy (50 cal.)

Beef Tenderloin- \$8.00 (250 cal.)

w/ caramelized onions (30 cal.)

Cajun Catfish -  Pan seared Cajun spiced catfish filet. \$8.00 (210 cal.)

Cheese Ravioli -  Cheese stuffed ravioli tossed in our marinara sauce then finished with parmesan cheese. \$8.00 (405 cal.)

Sautéed Yellow Squash (20 cal.)

Steamed Carrots (40 cal.)

Mashed Yukon Gold Potatoes (130 cal.)

Rice Pilaf (130 cal.)

Saturday 8/1

Curried Vichyssoise with Crab-A lightened up version of the classic leek and potato soup, made interesting with the addition of spicy crab. \$2.75 (230 cal.)

Cheesesteak-Seared Philadelphia style steak and onions on a roll with melted provolone cheese. \$8.00 (820 cal.)

Fried Chicken- Buttermilk marinated chicken tossed in seasoned flour then fried. \$8.00 (435-520 cal.)

Grilled Shrimp-  Seasoned grilled shrimp. \$8.00 (140 cal.)

BBQ Jackfruit-  Jackfruit, BBQ sauce. \$8.00 (190 cal.)

Peas and Pearl Onions (100 cal.)

Braised Collard Greens (70 cal.)

Potato Wedges (200 cal.)

Cheesy Baked Corn (160 cal.)

Fruit Special of the Week: Banana

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



New for July



Healthier Choice



Vegetarian

(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)